



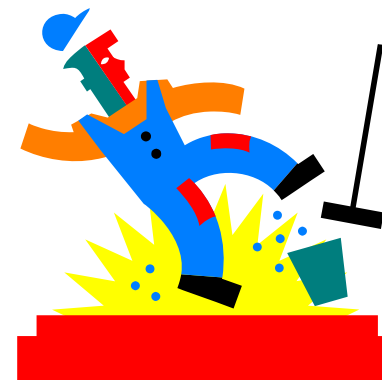
Prevent Slips Trips and Falls When Walking



- **CAUTION! WALKING CAN BE HAZARDOUS TO YOUR HEALTH!**

These SIMPLE reminders can PREVENT broken bones, lacerations, strains and sprains.

- AWARENESS of the surface you walk on
 - Obstacles, liquids, loose gravel, leaves, pine needles, uneven areas
- AVOID slippery, uneven surfaces
- WALK, don't run
- Use HANDRAIL on stairs
- FOLLOW constructed pathways
- WEAR "sensible shoes"
- USE carts and dollies to move materials



For more information contact Richard DeBusk, EH&S Division (x2976).